



*Litchfield Rugby League Club Inc*

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# **Litchfield Bears Rugby League Club Coaches Handbook**

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## Introduction

The Litchfield Bears RLC was established in 1990 when it adopted the uniform colours of red, black and white, the bear head logo and club motto “Beware the Bears”. The Litchfield Bears are a foundation club of the Darwin Rugby League (DRL).

Our origins can be traced back to the Wallabies who competed in the first rugby league season played in Darwin in 1950/51. The Wallabies senior club was located in Darwin City and was also known as the Waratah-Wallabies and the Waratahs.

The junior club was located at Freds Pass Reserve in the 1970s and played under the Waratah name in the DRL competition until entering a senior invitational team into the Darwin competition where they competed as Southern Districts RLC. This was their first appearance as a local club.

In 1985 the amalgamation of Southern Districts Junior RLC with Waratahs resulted in the Waratah-Southern Districts RLC. In 1990, to align with the Clubs rural identity, the committee and club members endorsed the name change to Litchfield Bears RLC and transferred all life memberships of the previous senior clubs.

Since inception, the Litchfield Bears RLC has continually strived to not only develop football skills but to inspire sportsmanship, team spirit and pride in being a club member and this remains our main strength. This Coaches Handbook is aimed at the coaches, team managers and team assistants of the junior (U6 to U12) and the intermediate (U13 to U18) players.

## Club Values and Beliefs

The Litchfield Bears Rugby League club is a family-friendly club that strives to provide its members and players with an environment that encourages the building of respectful relationships, meaningful friendships and enjoyable experiences through the development of players' rugby league skills from under 6s right through to seniors.

We aim to be inclusive, fair and to provide a safe environment for our future bears to develop through a team-focused atmosphere.

To achieve these values and beliefs, we need to strive to:

- To provide a safe and friendly environment for Junior and intermediate Rugby League players to learn, play, grow and have fun.
  - To provide the fundamentals of the game through coaching and leading our players throughout all age and skill levels
  - To promote competitiveness in a safe manner and respectful manner
  - To provide a platform for all Juniors to respect one another, their competitors and the community around them through discipline and team ethnics
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## Coaching Values

We believe our coaches are the lifeblood of our club and it is our goal to ensure they feel empowered and supported as much as possible throughout their time with the Mighty Litchfield Bears RLC.

The key values that underpin our coaching:

1. Fun
2. Professionalism
3. Participation
4. Respect

## Coaching Guidelines (Aligned with Values)

Below are some things to assist you with assessing if you are following the above coaching values:

### Fun

- Knowing your players' names and who they associate with and skills they are strong at. A Role call and notes against each player can assist the coach with this point.
- The more challenging the drill, the more players will get involved with it and their skills are tested
- Players will love their Parents being involved so get them into the drills where possible.

### Professionalism

- Training shirts/Jerseys, Footy boots and footy shorts should be worn at training and on game day. This will help with team morale and building.
  - Having a documented training plan for every session and ensuring the manner of coaching reflects the level of competition being played.
  - Safe and Friendly environment
    - Provide correct pads when doing contact drills and ensuring that the fields are safe to train on (pads on goal posts);
    - Consider the wellbeing and safety of players and parents on game days and training.
  - Time management
    - Coaches, players and parents should be at training 15 minutes before training commences and at least 30 minutes before games start.
  - Communication
    - Address any disciplinary concerns with the player's parent as soon as possible to avoid future conflict;
    - Your role as a coach and your season goals for the team;
    - Codes of behaviour for players, parents and responsibilities;
    - Game times and team announcements at training.
  - Implement any coaching or training programs as requested by the coaching committee and provide feedback when possible.
  - Have your coaching and referees course up to date during the season.
  - Become familiar with all LRLC policies and ensure that you, your team and their parents are following these at all times.
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## Participation

- Establishing a buddy system with players that are showing disinterest or lack of participation (Pairing a strong player with them for encouragement and support).
- Sing the Club song and lead team-building exercises through training and on game days.
- Have team bonding sessions over the school holidays or on bye days.
- Invite parents to attend club events and promote league safe or other NRL courses to build participation and interest.
- Encourage parents to volunteer at our clubhouse.
- Support and encourage players for efforts, helping build self-esteem.
- Ensure that players are getting fair/equal games and playing time across the season.

## Respect

- Coaches and players address the opposition players, referees and coaches before the game with a handshake or good sportsmanlike gesture.
- Once the game is over (win or loss), coaches and players are to thank the opposition and shake hands.
- Lead by example and promote the NRL code of conduct all times during training and on game days.
- Listen to club officials and committee members when on grounds at training and on game days.

## Coach Expectations and Code of Conduct

### Coach Expectations

As a volunteer coach of the LRLC, you agree to abide by the directions provided by the Club's team officials and committee. As a minimum requirement we expect the below from our coaches:

- Players are always addressed in a respectable and positive manner.
  - Be a Club member.
  - Be aware of the NT NRL code of conduct and the LBRLC clubs policies.
  - Be available for training session held on Tuesday and Thursday during the Rugby League season. If not available, be able to make arrangements for a substitution coach for sessions unavailable for.
  - Being available to attend meetings with the Clubs coaching coordinators and/or committee when required. (Prior notice will be provided where possible).
  - To have a coaching and referee accreditation or qualification to the level in which you coaching.
  - To obtain a working with Children's card or have permission from the LBRC committee to coach a team.
  - Being responsible for Club equipment that is assigned to you at the start of the season and ensuring that all Club equipment is returned and signed off at the end of the season.
  - Carrying out all duties while adhering to appropriate WHS and Sports Trainer recommendations.
  - Encouraging team and parent participation within the club at designated events, such as fundraising, canteen, ground set up and any other events nominated by the LRLC committee.
  - Coaches are required to report any official or spectator that is behaving in a manner that will reflect badly upon the LBRC to a committee member as soon as possible.
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## Coaches Code of Conduct

All club officials, coaches, team managers, parents and players must adhere to the Litchfield Rugby League Club and the NRL NT Code of Conduct.

The coach is responsible and has a duty of care for the safety and wellbeing of players as a priority and to always provide a safe environment for players all times.

All sporting organisations have a responsibility to provide safe environments for children and young people, ensuring they are safe and protected from people unsuitable to work with children. This is the reason why a Working with Children Clearance (Ochre card) is required by all coaches, managers and volunteers at the club.

The below is the Coaches Code of Conduct for the LBRC:

### Essentials:

- Players are always addressed respectfully and positively.
  - Coaches must be a registered member of the LRLC.
  - Coaches must be aware of the NRL NT Code of Conduct and the LRLC policies.
  - Coaches must be available for training session held on Tuesdays and Thursdays during the Rugby League season. If unavailable, coaches must be able to make arrangements for a substitution coach.
  - Coaches must be available to attend meetings with the Clubs coaching coordinators and/or committee when required. (Prior notice will be provided where possible).
  - Coaches/Team Managers must actively support at least two fundraising events per year.
  - Coaches must have a coaching and referee accreditation or qualification to the level in which is being coached.
  - Coaches must be responsible for Club equipment that is used throughout the year and assigned to you at the start of the season. This includes the return of all Club equipment at the end of the season.
  - Coaches must carry out all duties adhering to appropriate WHS and Sports Trainer recommendations.
  - Coaches must report any official or spectator that is behaving in a manner that will reflect badly upon the LBRC to a committee member as soon as possible.
  - Coaches must not have a focus on "winning or losing" but more about lessons learnt and encouragement to improve.
  - Coaches must ensure that players are learning new skills and are engaged and excited about structured training and competitions.
  - Coaches must have a fair and disciplined approach with respect for player welfare.
  - Coaches and players are to be dressed to standard and they should look like a team.
  - Coaches must provide a safe and friendly environment.
  - Coaches and players must attend training and game days on time.
  - Coaches must complete any training or skill development programs set by the coaching committee.
  - Coaches must plan training sessions and document these for sharing amongst fellow coaches or team managers. This may include player progress reports and areas of improvement to work on.
  - Coaches should introduce and ensure programs, drills and skills improve a player's fitness and skills level.
  - Coaches must communicate professionally and regularly to Players, Parents, club officials and committee members. This may include communication to player's parents on progress and areas of improvement to work on at home.
  - Coaches must have good knowledge of the rules of the game .
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- Coaches set the example for others to follow and therefore must abide by all LRLC policies at all times.
- Coaches must ensure the manner of coaching reflects the level of competition being played (Being reasonable with demands).
- Coaches and team managers are responsible for the conduct of their officials, Parents and players.
- Coaches must promote a “No player is left out” policy.
- Coaches must ensure that the division of players and talent into teams within an age group is Completed in accordance with the relevant ‘Team Selection’ guidelines.
- Coaches must promote equal opportunity for all players.
- Coaches must develop a positive culture of comradery and sportsmanship between players and teams.
- Coaches must respect parents, fellow coaches, game officials, referees and players.
- Coaches will not use offensive language and not involve themselves in negative dialogue with opposition, coaches, officials, players or spectators.

### **Desirables:**

- Coaches should encourage team and parent participation within the club at designated events, such as fundraising, canteen, ground set up and any other events nominated by the LRLC committee.
  - Coaches should create a fun but controlled atmosphere during training and on game days.
  - Coaches should facilitate a positive team spirit and fun team morale.
  - Coaches should encourage players, parents and volunteers to be participants within training, game day and special events.
  - Coaches should have a “Develop and encourage” approach to players at all times .
  - Coaches should encourage all players to support each other.
  - Coaches should promote a "We are stronger together as a team" attitude.
  - Coaches should establish respectful attitudes towards game officials and opposition teams.
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## Players, Parents and Spectators Code of Conduct

### Players code of conduct

Any LRLC registered player has agreed to the NRL NT Code of Conduct and can be found on the below link:  
[NRL NT Code of Conduct](#)

Further to the above Code of Conduct, every player is to follow the other policies that are available on the Litchfield Bears Rugby League club [website](#).

As a general rule the below player conduct must be upheld:

- Play by the rules (Both of the NRL and LRLC)
- Do not argue with an official. Raise the issue with your coach or manager after the game
- Verbal abuse of officials will not be accepted (Control you temper)
- Play hard but play fair
- Act with sportsmanship when representing your club at games
- Play as a team and not as an individual
- Respect your coach and decisions that are made
- No derogatory language will be accepted
- Take responsibility for your actions
- Underage drinking and drug use are prohibited and bans and fines may occur if under the influence at any time

### Parents and Spectators Code of Conduct

Any parent or spectator that has registered a player or is attending a game is to follow the below main principles:

- Always encourage 100% participation and promote a positive team spirit
- Parents must ensure that a parent or guardian is available to adequately supervise their children on training days, game days and within any event that involves the team. This is also for in the event of injury or when player misconduct may occur that the parent or guardian can make certain decisions on the behalf of the player (Minors)
- Never Abuse a player or child as this is against the club values and beliefs
- Children learn best from positive encouragement. Applaud good play for all teams
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public
- Support all efforts to remove verbal and physical abuse from sporting activities
- Recognise the value and importance of volunteer coaches
- Remember that children play organised sports for fun
- Condemn the use of violence in any form, be it by spectators, coaches, officials or players
- Always encourage players to play by the rules
- Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches or umpires

Any breaches by coaches, players, spectators or officials from any club, should be reported to a committee member and a form will be filled out and submitted to the committee/NRL NT for review and decisions will be acted upon from there. These can be submitted in writing to the LRLC via email if this method is preferred.

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## Player and Team Management

Player development, participation and wellbeing is the main priority of the LRLC when comes to player management. We at the LRLC believe that a certain level of discipline is needed in any sport and it can be done with player welfare in mind. No Bullying or aggressive behaviour will be tolerated towards players or from players to coaches, officials and spectators.

We encourage sportsmanlike conduct at all games and training sessions. This is why the LRLC is the greatest club in the NT. We play hard but we play fair and this is required for all players under the LRLC. All junior and intermediate age groups and teams will have a minimum of a manager, coach (U6's to U9's) and team support (League Safe) from U10's through to U17s. If there are cases where these roles are not filled, the junior or intermediate coordinator will advise upon the best person to contact.

Team days and fundraising is encouraged as the LRLC by each team and age group. This is a requirement for end of year presentations and the club would not function without some team fundraising events. Please see a committee member for fundraising ideas and for assistance to help coordinate your team days. The junior and marketing coordinators will advise who the current sponsors are and the expectations of the team in this regard.

The below groups will have the main principles set out and the team managers and coaches should consider these as team goals and player development objectives.

### LRLC team selection Schedule U6-U12

Located within your Coaching pack is a copy of the team selection schedule and these can be found on the LBLC website

### LRLC team selection Schedule U13-U18








Located within your Coaching pack is a copy of the team selection schedule and these can be found on the LBLC website

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## U6's

**UNDER 6 & 7**

 <b>Tag Rugby League</b> (6 Tags)	 <b>40x20m</b> Field Size	
 <b>6 Players</b> Per Team	 <b>8 mins x 4</b> Game Time	
 <b>No Scrums</b>	 <b>1 Pass</b> Minimum	 <b>Defenders Stand</b> Back 5m (No Markers)
 <b>No Kicking</b> or Conversions	 <b>Tap Restart</b> on 5m Line	 <b>Chance Rule</b> (6s Only)

The Under 6's from the 2020 season will commence a program called 'Tacklesafe' along with the full season of League tag (no tackle). The program will be run on Thursday's (First 6 weeks) by the NT NRL as a train the trainer sessions with the kids being broken into groups to do certain tackling drills. Tuesdays will be the normal league safe training session.

At the end of the season, there is a gala day planned where the Under 6's will graduate from tackling school and be allowed to tackle by the new methods learnt through the tackle safe program. The rule book can be found on our Website



## U7's

In these age groups, the main goal and priority of players is participation, having fun and learning the basics of the game.

The focus will be the development of the fundamental skills of tackling, playing the ball, passing, lining out and teamwork.

The under 7s should do a few Tacklesafe sessions to be up to date with the skills being taught to the under 6s.

This will be provided to the coaches to do at least 2 sessions before the commencement of the normal season games.

Drills should be to involve

as many players as possible at one time to increase focus and participation. The play NRL website has lots of drill ideas for these age groups and the coaching committee can assist with drills where required.




Halfway through the year should the under 7s should start to focus on players being independent on the field without the coach

The training and match procedures should provide an introduction of basic skills and be as fair and spread across the team as possible. Players that are more involved should be encouraged to give their team members a go and be encouraged to encourage other team members.

Scores are not kept for the games and the coach is on to the ground during play to referee and provide guidance to the team.

By the end of the year, the under 7 coach should be off the field as the team should be taught to self play the ball and progress as normal.

Rule books can be found on our Website

 6 Tackles	 40x20m Field Size	
 6 Players Per Team	 8 mins x 4 Game Time	
 No Scrums	 1 Pass Minimum	 Defenders Stand Back 5m (No Markers)
 No Kicking or Conversions	 Tap Restart on 5m Line	 Chance Rule (6s Only)



## U8s and U9s

UNDER 8	UNDER 9
6 Tackles	6 Tackles
68x30m Field Size	68x30m Field Size
8 Players Per Team	8 Players Per Team
8 mins x 4 Game Time	8 mins x 4 Game Time
No Scrum	No Scrum
2 Pass Minimum	2 Pass Minimum
Defenders Stand Back Em (No Markers)	Defenders Stand Back Em (1 Marker)
No Kicking in General Play	Kicking in General Play (No Bombs)
Tap Restart on Halfway	Tap Restart on Halfway
Conversions Allowed	Conversions Allowed

In these age groups, the main goals and priorities for players have increased to include participation, having fun, further development of the basic skills and the introduction of technical and tactical parts of the game.

The focus will be applied to the development of technical and tactical skills of the game with the introduction of First Receiver (FR Vest) and Dummy Half (U9s only and DH Vest). These vests should be swapped at half time.

Drills should be to involve as many players as possible at one time to increase focus and participation and development of technical and tactical skills.

The play NRL website has lots of drill ideas for these age groups and the coaching committee can assist with drill ideas where required.

Coaches will guide the play on the field from the sidelines and run the bench players with either a team support person or manager.

The training and match procedures should provide an introduction of basic skills and be as fair and spread across the team as possible. Players that are more involved should be encouraged to give their team members a go and be encouraged to encourage other team members.

The games have no scoring and a referee will be provided for these games by the NRL NT.

Rule books can be found on our Website



## U10s, U11s and U12s

UNDER 10/11	UNDER 12
6 Tackles	6 Tackles
80x48m Field Size	100x68m Field Size
11 Players Per Team	13 Players Per Team
20 mins x 2 Game Time	20 mins x 2 Game Time
No Scrums	No Scrums
2 Pass Minimum	2 Pass Minimum
Defenders Stand Back 5m (1 Marker)	Defenders Stand Back 5m (1 Marker)
Kicking in General Play Allowed (No Bombs)	Kicking in General Play Allowed (No Bombs)
Tap Restart on Halfway	Tap Restart on Halfway
Conversions Allowed	Conversions Allowed

In these age groups, the main goals and priorities of players have shifted dramatically to increase teamwork and skill.

The focus will continue to be the development of technical and tactical skills of the game but with added teamwork goals. The teamwork component of training and games in this age group is paramount in the successful development of players.

Team-building training sessions are encouraged at these levels and these could be mixed with fundraising for the team and club.

First Receiver (FR Vest) and Dummy Half (DH Vest) are worn in these age groups and should still be swapped at half time.

Drills are to be skill-focused and should cover a good range across all parts of the game. The play NRL website has lots of drill ideas for these age groups and the coaching committee can be contacted to discuss ideas where required.

Coaches will guide the play on the field from a bench of players and run the bench players with either a team support person or manager. All support people need to have League Safe accreditation to run water on the field.

Players that are more involved and should be encouraged to give their team members a go and be encouraged to encourage other team members.

The games have scoring and a referee will be provided for these games by the NRL NT. 2020 will be the last year that the U12s team will play for competition points and be able to play in finals.



### U13s, U14s, U15s, U16s, and U18s

These are the Intermediate age groups where players become future A Grade Bears.

The focus will continue to be applied to the development of technical and tactical skills of the game but with added teamwork goals should be set. The teamwork component of training and games in this age group is paramount in the successful development of players.

Team-building training sessions are encouraged at these levels and these could be mixed with fundraising for the team and club.

Drills are to be skill-focused and should cover a good range across all parts of the game. The play NRL website has lots of drill ideas for these age groups and the coaching committee can assist with these where required

Coaches will guide the play on the field from a bench of players and run the bench players with a team support person. All support people need to have League Safe accreditation to run water on the field. Players that are more involved and should be encouraged to give their team members a go and be encouraged to encourage other team members.

The games have scoring and a referee will be provided for these games by the NT NRL. Touch judges can be nominated by the coaches or managers of the team for the games on game days

The rules are available on our Website

### Sports Trainer and Concussion management

The Level 1 Sports Trainer course, delivered by Sports Medicine Australia, is designed for prospective Sports Trainers and includes Provide First Aid and CPR. The course involves a mixture of online learning, theory and practical components including injury management, crisis management, concussion management, sports taping and transporting an injured athlete.

Directions from sports trainers must be followed at all times when training or on game days, including providing medical documentation before returning to play after an injury.

A Concussion management course provides the basics for all members of the Rugby League community to help understand concussion definition, identification and return to school and sport protocols.

For more information around our club policies on concussion management, please see our [website](#) for further information.

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## 2023 Calendar

Our club calendar and fixtures can be found on our website.

## 2023 Committee & Contact details

Our 2023 committee members and contact details will be posted after the AGM and can be found on the LRLC website.

## 2023 Coaching staff

Our 2023 Coaching Staff once approved, can be found on the LRLC website.

## Fees and Club Membership

\$\_\_\_ Junior Registration (u6s to u12s)

*Includes Family Club Membership, Player Insurances, Training Shirt, Playing Shorts and Socks.*

\$\_\_\_ International Registration (u13s to u18s)

*Includes Family Club Membership, Player Insurances, Club Polo, Training Shirt/Singlet, Playing Shorts and Socks.*

\$\_\_\_ Senior Registration

*Includes Single Club Membership, Player Insurances, Club Polo, Training Shirt/Singlet, Playing Shorts and Socks.*

\$\_\_\_ Social / Non-participating Member

Please note that FULL PAYMENT MUST BE MADE AT THE TIME OF REGISTRATION. Please contact us if you have any questions.

## Expectations of a Parent

The expectations of a parent at the Litchfield Bears Rugby League club is to:

- Support and encourage their child to participate in junior rugby league.
- Allow their child to participate only if they are well and healthy.
- Encourage their child to participate for the enjoyment of junior rugby league.
- Actively **participate** in and **supervise** their kids at training and game days. This is a Health and safety requirement that a parent or guardian (A coach is not a type of Guardian) is available in a medical situation.
- Promote and abide by the Litchfield Bears Rugby League club's Code of Conduct.
- Be respectful when communicating with coaches, umpires and administrators.
- Volunteer at home games and when you can spare the time to assist with various club activities
- Be a positive role model.

Commencing in 2023, team volunteering will be required and parents will be required to participate when required for at least 2 events for the year.

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## Behaviour Management

All players are the image of the club and are encouraged to act not just with the clubs values and beliefs in mind but to use these lessons in life. Many cultures and beliefs make up the LRLC and there will sometimes be clashes of beliefs or levels of discipline required. The behavioural management plan will assist coaches and LRLC committee members to deal with certain behavioural breaches. The main components are:

Set Levels of expectation – A coach should always set the level of team and player expectation taking into account the players skill level, culture (when known or possible), language barrier (if non-English speaking) and intelligence level. The recommended standards or expectations are listed below:

- Have a positive approach and atmosphere
- Have a respectable approach and involve player parents for support
- Have a fair and consistent approach
- Involve coaching staff in any disciplinary actions so they are consistent with the whole team.
- Set standards/rule like: No player talking when the coach is speaking, Set the level of training requirements like times to arrive and advise parents of required involvement and no player to touch another player unless in a drill or a game.
- Set control of the team as the coach. Respect needs to be enforced at the start of the season. If rules are broken, consequences need to be followed and enforced. Ensure that parents know that consequences will be enforced at the start of the season
- Set training routine at the start of the year and follow it in blocks to keep in original, mix the drills up per week or day.

Encouragement and teamwork: - Encouragement is the main behavioural changer and can be used as a team builder also. Players will listen to their peers a lot more than coaches so this can be used as a great tool for coaches. Some tips for encouragement is below:

- Point out good behaviour in team discussions and state good improvement for players to follow.
- Always be happy and promote a positive attitude
- Encourage players to get involved in some improvement ideas after the games on the weekend and state weakness to work on.
- Don't point out bad behaviour but encourage to do better like 'Bob'

Respect – Respect is a two-way street with player to coach and coach to player and team. If a rule is broken by a player or team, respectful consequences should apply. Discipline the whole team or groups of players is a great technic to use to build team morale.

Try not to single out certain players and make sure the expected result or outcome is clear to gain team respect.

Reward – Player rewards is a must for a winning or losing team as some training days should be days of team building and rewards for effort or being consistent. Rewards should be used to encourage team morale to raise team spirits when required.

It is a known fact that winning teams do not just train the hardest but bond and work the best together.

Certain player rewards are provided by the LRLC but others in the form of certificates or others are encouraged and can be established by team managers.

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## Social Media Policy

Our full LRLC Social Media Policy is available via our website but below is some important information to remember about Social Media sites and communications:

- *The LRLC has a main Facebook page that all communications, media and approved images will be posted to. The LRLC secretary will follow our Social Media policy and any images have permission obtained before posting. It is recommended that all social media communications or posts that are club or team related be submitted to the LRLC secretary for publishing on the main Facebook page. The LRLC will not be responsible for any self-managed Facebook pages but if these do breach the LRLC social media policy, these will be reported and removed from Facebook by a Facebook administrator.*
  - *Messenger groups are a great way of communicating between teams but please follow the LRLC Social Media Policy when communicating about club events, functions, games or training and images need explicit permission by all people when sharing. Messenger groups will not be managed by the LRLC*
  - *Club logos and any administration footers or headers as intellectual property of the LRLC and Club permission is required for these to be replicated or used outside of club administration business.*
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## Playing and Training Equipment

As part of the Player sign-on fees, every player will receive a training shirt, footy shorts, team socks, and a Team Jersey on game days. The jerseys remain the property of Litchfield Bears Rugby League Club and may be purchased for a reduced fee at the end of the playing season.

Extra playing gear can be purchased from the club canteen at a cost.

Training Gear will be allocated to you and it is your responsibility to keep it safe for the entire season and return it after the season is finished. Any deliberate loss or damage of training gear will be the responsibility of the coach and may incur a replacement cost.

## Boots

All players are required to wear football boots, which can be purchased from any sports store. 'Intersport' stores offer all Bears players a 10% discount for footy boots and 5% on any other purchases. Make sure you mention you are from Litchfield Bears Rugby League Club as we the club will receive a 5% monetary support for every purchase.

## Protective Equipment

Protective equipment is the responsibility of the player. We recommend that players wear professionally fitted mouth guards. Shoulder pads and headgear are optional.

## Tape

Electrical tape is the player's responsibility to supply.

## Water Bottles

The Club will endeavour to secure sponsors for water bottles for the year but all managers and coaches should promote local businesses to provide the teams with water bottles for marketing and promotion purposes. Water at training is the responsibility of each player and each coach may choose to provide his or her team with water bottles for training.

## Training equipment

The LRLC will supply the training equipment for the drills to be run but please ensure that footwear (Preferably boots) are always worn during training. Bare feet will not be accepted due to safety concerns.

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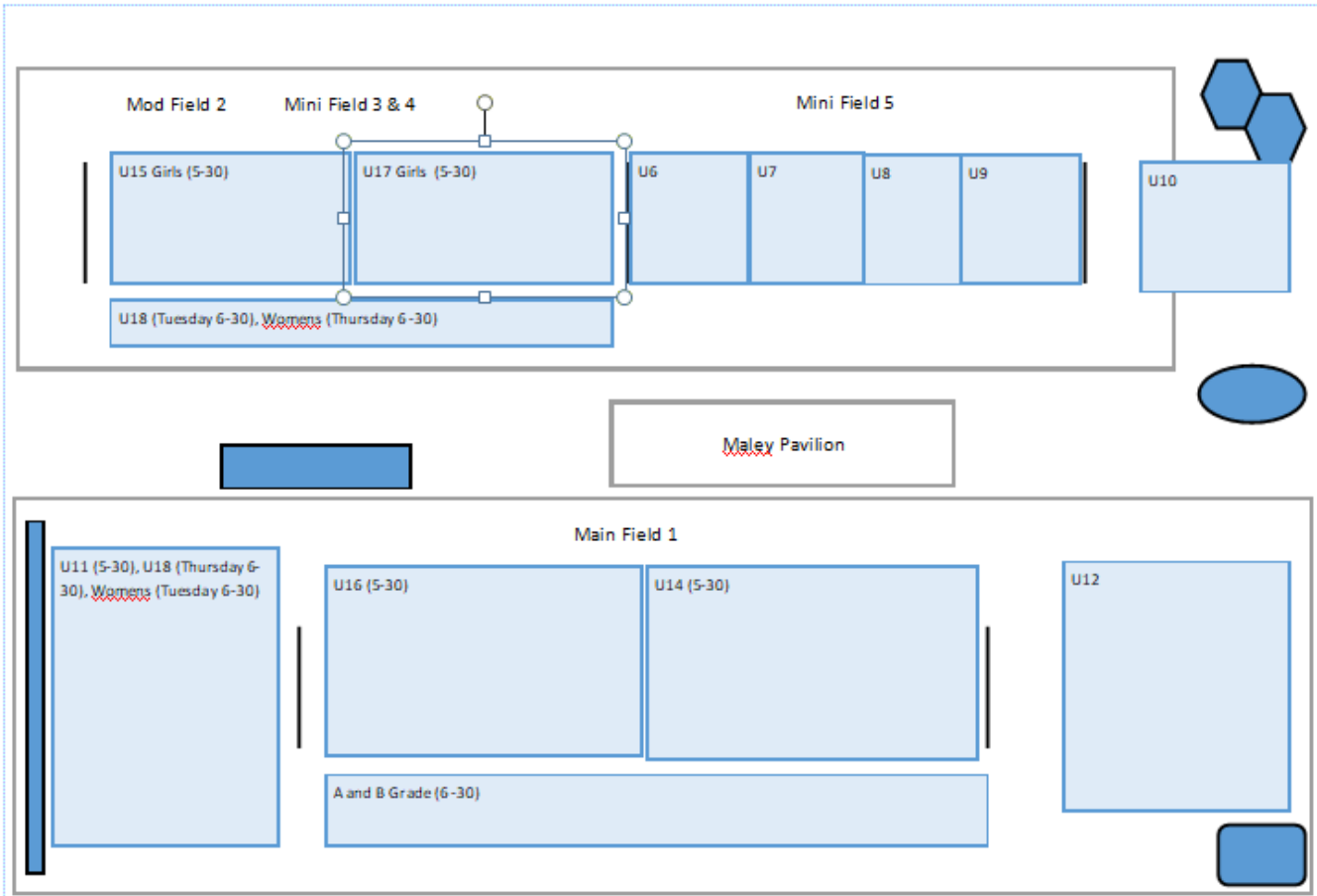


## Training Times and Area allocations

Training times will be determined by the Club when teams are formed and will be posted on the Club Website and Facebook.

Talk to your Coach or Manager about changes to training times.

The



below map shows where each under is allocated for the time slots:





## Training Ground unavailability procedure

The Club will notify all coaches/managers if training for games is cancelled or relocated and information to that effect will be posted on our website and on the Club Facebook page.

All parents or players are to check the website and/or phone their respective Coaches or Managers in case of bad weather to ensure training and games are still on.

## Coaching, Referee and League Safe Courses

There are various requirements for coaches, managers and volunteers to have certain courses completed and if these are a direct requirement of a position (Including volunteers), then the LRLC is happy to Reimburse the course costs.

Please provide the invoice details and proof of attainment to the LRLC via email on [info@litchfieldbears.com](mailto:info@litchfieldbears.com)

Courses are run at different times of the year and the Junior and Intermediate coordinators will advise the Team managers of when these are run throughout the year.

## Game Day Information

Gameday information will be posted on the Club's [Website](#) and Facebook Page

## Canteen and Bar Roster

The LRLC would like to start a volunteer roster for all training and on game days allocated for the year. There will be opportunities for all parents and family members to contribute to the success of the club and your time is appreciated.

There will be a roster shared on the LRLC Facebook page closer to training start and game days so please check regularly for available times that you may be available for.

## Child Protection – Working with Children

Any person holding a position with the Club (and or a team) needs to apply for the Working with Children Volunteer clearance through the [SAFE NT](#).

Signed Volunteer Application forms can be obtained from the Canteen or via the club secretary and the application can be filled out and submitted online. Remember our kid's safety is our number one priority.

## Guidelines for problems with Coaches, Managers and Team/Club Volunteers

If any parent has a problem with their child's coach or other team managers or volunteers, they are to follow the below order of communication:

1. Approach and discuss the problem with the Team Manager or Coach
  2. Approach the Junior or Intermediate Co-ordinators
  3. Approach the Club President or Club Committee Member
-



## Sponsors

The Litchfield Bears Rugby League Club is always looking for sponsors to help us bring the great game of Rugby League to the children in our community.

If you are interested in sponsoring the club or a team, please contact the Club or a committee member.

We have several packages available to give you the benefits of sponsoring a local rugby league team and we'd be glad to have your support!

We thank all of our current 2023 sponsors:

